



## The Department of Defense Flu Vaccine Immunization Plan

In October, the U.S. Food and Drug Administration notified the American health community, including the Department of Defense, that there would be a reduced supply of flu (influenza) vaccine this season. This shortage is the result of contamination at one of the two FDA-approved influenza vaccine manufacturers. In response to this shortage, the Department of Defense revised the immunization plan for the 2004-2005 flu season.

According to the Assistant Secretary of Defense for Health Affairs, the Department of Defense is balancing military readiness requirements and offering protection to deployed forces and higher risk beneficiaries. Deployed forces in Central Command and Korea and those who will soon deploy to these areas are receiving vaccinations as a first priority. Additionally, the department will seek to vaccinate eligible beneficiaries who are in one of the following high risk groups, defined by the Centers for Disease Control and Prevention (CDC).

### High Risk Groups

- All children aged six to 23 months
- Adults aged 65 and older
- Persons aged two to 64 years with underlying chronic medical conditions
- All women who are or will be pregnant during the Influenza season
- Children aged six months through 18 years on chronic aspirin therapy
- Out of home caregivers and household contacts of infants less than six months of age

*If you are unsure about your risk category, contact your Primary Care Manager.*

### Stay Healthy During the Flu Season

For those service members and beneficiaries who are not within the above higher priority categories, the defense department is launching a very aggressive public health campaign to prevent flu and keep people healthy. Here are some tips from the CDC to help you stay healthy this flu

season regardless of whether or not you receive a flu shot:

- ① **Clean your hands.** Washing your hands often will help protect you from germs.
- ② **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- ③ **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- ④ **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- ⑤ **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

*See [www.cdc.gov/flu/protect/stopgerms.htm](http://www.cdc.gov/flu/protect/stopgerms.htm) for more tips on staying healthy.*

### TRICARE Coverage Questions & Answers

**Q: Is the flu vaccine covered by TRICARE?**

**A:** If you are not in one of the high risk groups described at left, we recommend that you forego or defer your flu vaccination and focus on flu prevention this season. TRICARE covers flu vaccinations in accordance with Centers for Disease Control and Prevention guidelines. This agency currently recommends that only people in high risk categories receive the shot.

**Q: I am a TRICARE Prime beneficiary in one of the high risk categories. Can I go get the shot from a host nation provider without a referral?**

**A:** We recommend that you always start with your Primary Care Manager (PCM) – not just for the flu vaccine, but for all of your health care needs. Your assigned doctor is your health care manager. He or she will either treat you at your military hospital or clinic or refer you to a host nation provider as required.

If you are referred to a host nation provider by your PCM, your TRICARE Service Center will issue a 'care authorization.' This authorization ensures that the treatment you receive will be covered by TRICARE.

**Q: I am enrolled in TRICARE Prime and am in a high risk category. When I went to get my flu shot, my host nation doctor gave me a short exam. Will TRICARE cover this exam and other charges in addition to the flu shot?**

**A:** As long as you have a referral from your Primary Care Manager, fees associated with your host nation doctor visit will be covered. If you think you need the flu shot, make an appointment to see your PCM first. If you do not have a referral, additional costs may not be covered by TRICARE.

**Q: Can all military retirees receive the flu shot?**

**A:** In accordance with CDC guidelines, only adults 65 and older should receive the flu shot this season (any retiree with underlying chronic medical conditions may also receive the shot). If you are a TRICARE for Life member, you may visit a host nation provider for a preventative health visit and request a flu shot. TRICARE does not cover the flu vaccine unless given in a provider's office in conjunction with a visit for an acute or chronic condition or as part of a preventive health visit.

**Q: I use TRICARE Standard. If I go get a flu shot, will this be covered by TRICARE?**

**A:** If you are a TRICARE Standard member, you don't need to get a referral from a military hospital or clinic to

receive care from a host nation provider. However, your claim may be denied if you are not in a high risk category. Remember that TRICARE does not cover the flu vaccine unless given in conjunction with a visit for an acute or chronic condition or as part of a preventive health visit. As a Standard beneficiary, you are responsible for cost-shares and deductibles for the care you receive.

**Q: I'm not in a high risk category. What are my options?**

**A:** If you are not in one of the high risk groups identified by the CDC, we recommend that you forego or defer your flu vaccination (until vaccine is available for all beneficiaries at your military clinic or hospital) and focus on flu prevention this season. You may also choose to seek out the flu vaccine on your own from a host nation provider and pay for the visit out-of-pocket. Keep in mind that most Europeans do not receive the flu shot every year, so the flu vaccine may have to be specially ordered. In addition, the host nation provider may perform other tasks during your visit (for example, a patient history or physical exam) that will also be billed to you.



## TRICARE Service Centers in Europe

TRICARE Europe Office, Sembach Airbase, Germany — Commercial: (country code 49) 06302-67-6312/6314 or DSN: 496-6312/6314

### GERMANY (Country Code 49)

Babenhausen USA Clinic	06073-38-574/313	348-3574/3313
Bad Aibling USA Clinic	08061-80-3851	441-3851
Bamberg USA Clinic	0951-300-7420/7897	469-7420/7897
Baumholder USA Clinic	06783-6-6570/6205	485-6570/6205
Bitburg-Spangdahlem		
USAF Hospital	06561-69-3100/3110	453-3100/3110
Büdingen USA Clinic	06042-80-820/789	321-4820/4789
Butzbach USA Clinic	06033-9821-45/48	345-4045/48
Darmstadt USA Clinic	06151-69-7380/6791	348-7379/6791
Dexheim USA Clinic	06133-69956	334-5956
Friedberg USA Clinic	06031-81-3112/3652	324-3112/3652
Geilenkirchen USAF Clinic	02451-99-3400/3401/3402	None
Giebelstadt USA Clinic	09334-8-7411/7610	352-7610/7411
Grafenwöhr USA Clinic	09641-83-7424/8307	475-7424/8307
Hanau USA Clinic	06181-500-6608/6610	328-6608/6610
Heidelberg USA Hospital	06221-17-2362/2363	371-2362/2363
Hohenfels USA Clinic	09472-83-4528/4538	466-4528/4538
Illesheim USA Clinic	09841-83-512/588	467-4512/4588
Kaiserslautern USA Clinic	0631-411-6358/6359	483-6358/6359
Katterbach USA Clinic	09802-83-2619	467-2619
Kitzingen USA Clinic	09321-305-415	355-8415
Landstuhl RMC	06371-86-6374/8234	486-6374/8234
Mannheim USA Clinic	0621-730-4708	380-4708
Ramstein USAF Clinic	06371-46-2616/2557	479-2616/2557
Rhein-Main USAF Clinic	069-69719-265	330-4265
Schweinfurt USA Clinic	09721-96-6638	354-6638
Stuttgart USA Clinic	0711-680-8625/8638	430-8625/8638
Vilseck USA Clinic	09662-83-2026/2000	476-2026/2000
Wiesbaden USA Clinic	0611-705-5248/7316	337-5248/7316
Würzburg USA Hospital	0931-804-3372/3873	350-3372/3873

TRICARE Europe - 06302-6302-67-7433 496-7433  
Central TRICARE from CONUS 1-888-777-8343  
Service Center (CTSC)

### BAHRAIN

Bahrain Clinic

### BELGIUM

Brussels Nato Clinic

SHAPE (Mons) Clinic

### GREECE

Souda Bay USN Clinic

### ICELAND

Keflavik USN Hospital

### ITALY

Aviano USAF Clinic

Camp Darby USA Clinic

Gaeta USN Clinic

La Maddalena USN Clinic

Naples USN Hospital

Signonella USN Hospital

Vicenza USA Clinic

### NORWAY (Azores)

Stavanger Clinic

### PORTUGAL

Lajes USAF Clinic

### SPAIN

Rota USN Hospital

### TURKEY

Incirlik USAF Hospital

### UNITED KINGDOM

Croughton USAF Clinic

London USN Clinic

Menwith Hill USAF Clinic

St Mawgan USN Clinic

Upwood USAF Clinic

### (Country Code 973)

973-724-323/4862

### (Country Code 32)

02-717-9503

06-544-5837/5853

### (Country Code 30)

0821-66-200-1580/1590

### (Country Code 354)

425-3256/3229

### (Country Code 39)

0434-66-5133/5406

050-54-7883

030-903-3068

0789-798-275/276

081-724-3671/3677

095-56-4848/4877

0444-51-8304/7294

### (Country Code 47)

47-5195-0563/0564

### (Country Code 34)

295-57-2262

### (Country Code 34)

956-82-3556/3552

### (Country Code 90)

0322-316-6628/8670

### (Country Code 44)

01280-70-8721

01895-61-6393/6328

01638-52-8688/8719

01637-87-6111

01480-844-561/4502

318-439-4323/4862

423-5974/5853

365-9503

423-5974/5853

266-1580/1590

228-3256/3229

632-5133/5405

633-7883

632-7709/7710

623-8275/8276

625-3671/3677

624-4848/4877

634-8304/7294

224-0563/0564

312-535-2262

727-3556/3552

676-6628/8670

236-8721

235-6338/6324

226-8688/8719

234-3568

268-4561/4502